

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10/02/22	10/03/22	10/04/22	10/05/22	10/06/22	10/07/22	10/08/22
Soup du Jour Butternut Squash Bisque (V)	Soup du Jour Chicken Orzo Soup	Soup du Jour Cream of Broccoli	Soup du Jour Split Pea Soup (V)	Soup du Jour Minestrone (V)	Soup du Jour Beef Barley (G)	Soup du Jour Beer, Potato & Cheddar Chowder
Entrees	Entrees	Entrees	Entrees	Entrees	Entrees	Entrees
Traditional Baked Ham GF Raisin Sauce	Hot Pastrami GFA Thinly Sliced NY Pastrami, Swiss Cheese, Marble Rye	Grilled Chicken Panini GFA Baby Arugula, Fresh Mozzarella, & Sundried Tomato Pesto on a Ciabatta Roll	Meatball Parmesan GFA Tomato Sauce and Mozzarella cheese on a Hero	Turkey Club GFA Lettuce, Tomato, Bacon and May on White Toast	Kendal Pizza GFA House Made Pizzza with choice of Toppings	Ham and Cheese Melt GFA Cheddar Cheese on Grilled White Bread
Smoked Salmon GF With traditional garnishes	Superfood Salad GF Grilled Chicken, Blueberries, Avocado, Pomegranate Seeds, Baby Spinach, Pomegranate	Catch of the Day	Mediterranean Quinoa Salad with Grilled Chicken GF Greek Olives, Roasted Peppers, Feta Cheese, Cucumbers, Chopped Pomegranate, Lemon Herb	Sweet and Sour Pork Pineapples, Peppers, Onions, Sweet and Sour Sauce	Battered Fish Lightly battered fish with tartar sauce on the side	BBQ Bourbon Chicken GF Grilled Chicken Breast Glazed with BBQ Bourbon Sauce
Pasta and Wild Mushroom Au Gratin Pasta shells. And wild mushrooms baked in a parmesan sauce and topped with herbed breadcrumbs	Roasted Tomato and Butterbean Ragout GF Slow Cooked Aromatic Vegetables	Eggplant Rollatini Tomato Sauce, Ricotta and Mozzarella Cheese	Caprese Baked Pasta Ziti Pasta Tossed Together with Ricotta, Mozzarella Cheese & Marinara, Baked	General Tso's Cauliflower Battered Cauliflower Fried Till Golden Brown Tossed in a General Tso Sauce	Penne Primavera Pasta with Fresh Vegetables	Mushroom and Leek Quiche Sauteed mushrooms, leeks, smoked gouda in a pie shell
Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments	Accompaniments
Steamed Broccoli	Sauteed Zucchini	Green Beans	Medley of Vegetables	Sauteed Baby Bok Choy	Coleslaw	Pacific Blend Vegetables
Roasted Sweet Potatoes	Potato Chips	Crispy Potato Wedge	Tater Tots	Vegetable Fried Rice	French Fries	Rice Pilaf
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Desserts	Desserts	Desserts	Desserts	Desserts	Desserts	Desserts
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Chefs Choice Dessert	New York Cheesecake	Oatmeal Raisin Cookies	Mixed Fruit Cup	Carrot Cake	Chocolate Chip Brownie	Sour Cream Cake
NSA Peach Pie	NSA Brownie	NSA Jell-O	NSA Chocolate Pudding	NSA Blondie	NSA Lemon Meringue Pie	NSA Vanilla Pudding

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Soup du Jour Spinach and Artichoke (V)	Soup du Jour Chicken and Corn Chowder (G)	Soup du Jour White Bean, Sauasage, and Kale	Soup du Jour Tomato Parmesan	Soup du Jour Rhode Island Clam Chowder (G)	Soup du Jour Vegetable Soup (V)	Soup du Jour Special Salad
Special Salad Mediterranean Quinoa	Special Salad Classic Wedge	Special Salad Asian Baby Kale	Special Salad Kendal Spring Salad	Special Salad Caprese salad	Special Salad Citrus Salad	
Entrees Autumn Beef Stew GF Tender Pieces of Beef, Carrots, Potatoes, in a Rich Beef Sauce	Entrees Seared Pork Medallions GF With a Caramelized Apple and Onion Compote	Entrees Lamb Cassoulet GF Slow Cooked Lamb, Beans, Aromatic Herbs and Spices, in a Rich Brown Gravy	Entrees Veal Parmesan Breaded Veal, Tomato Sauce. And Mozzarella cheese	Entrees Fresh Catch 0	Entrees Grilled Flank Steak GF Herb and garlic marinated and served with a mushroom sauce	
Tuscan Shrimp GF Shrimp, Garlic, Tomatoes, White Wine, and Butter	Turkey Meat Loaf with Olives, Feta Cheese, Spinach and Mushrooms	Filet of Sole Meuniere Lightly floured and sauteed	Mediterranean Chicken Tagine GF Boneless Chicken Thighs Braised with Onions, Garlic, olives, and Moroccan spices	Baked Cornish Hens GF Natural Rosemary Jus	Ziti & Meatballs Pasta with House made meatballs. Tomato sauce	
Mushroom and Quinoa Chili GF Lentils, Tomatoes, Walnuts, and Peppers	Pear, Caramelized Onion and Brie Flatbread Pear. Onions and brie finished with extra virgin olive oil and balsamic reduction	Sweet & Sour Tofu Stir Fry Tofu with Vegetables, Pineapple, and Sweet Stir Fry Sauce	Kendal Pasta Farfalle, Sundried Tomatoes, Shaved Parmesan Cheese and Pine Nuts	Mediterranean Chickpea Cake GF Mint Yogurt Sauce	Eggplant Tower GF Grilled Eggplant, Provolone, Muenster Cheese and Tomato	
Accompaniments Sauteed Zucchini and Tomatoes	Accompaniments Sauteed Spinach	Accompaniments Steamed Cauliflower	Accompaniments Braised Red Cabbage	Accompaniments Swiss Chard	Accompaniments Broccoli Rabe	
Steamed Carrots	Red and Golden Beets	Roasted Root Vegetables	Roasted Brussels Sprouts	French Beans	Roasted Acorn Squash	
Linguine	Potato and Cauliflower Mash	Rice Pilaf	Herb Potatoes	Farro Risotto	Butter Tossed Ziti	
Desserts Chocolate Peanut Butter Cake	Desserts Fresh Fruit	Desserts Coconut Custard	Desserts Key Lime Pie	Desserts Crème Brulé	Desserts Cannoli Cake	
NSA Cherry Cake	NSA Apple Pie	NSA Blueberry Pie	NSA Cheesecake	NSA Cinnamon Swirl Cake	NSA Chocolate Velvet	